

## ABSTRACT OF THE DISCLOSURE

The ink jet recording method ejects an actinic radiation curable ink having a cationically polymerizable component from an ink jet recording head onto a recording media, and subsequently cures the ink by exposing it to actinic radiation. The ink in a recording media satisfy the formula  $(|C - B|)$  of 0-20 mN/m in which C is the surface tension of the recording media in mN/m and B is the surface tension of the cured ink in mN/m after exposure to the actinic radiation.